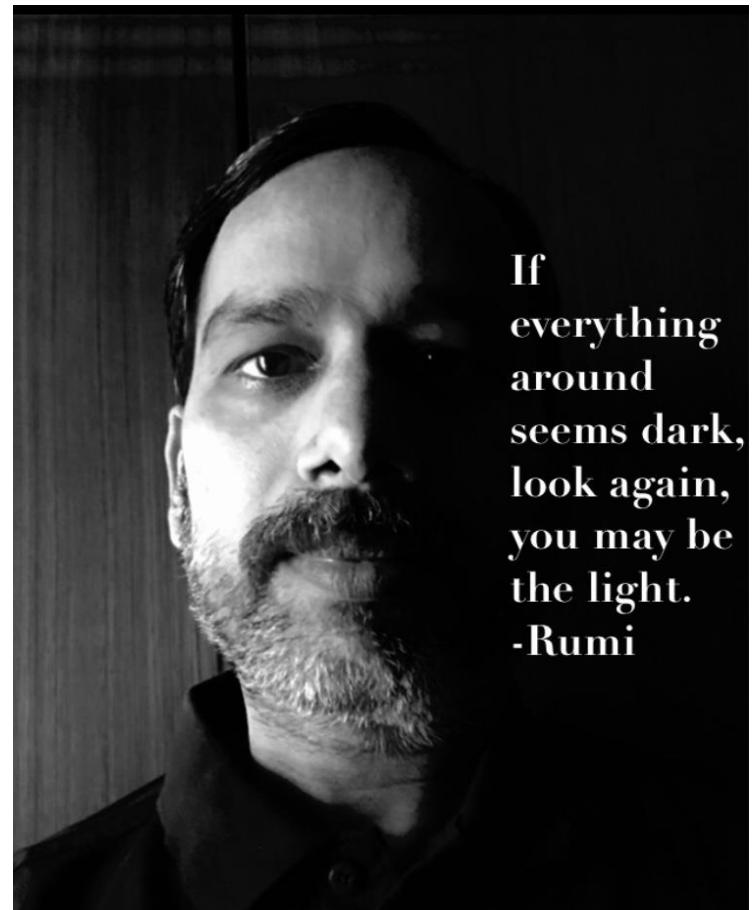


My Experiments with Corona

And

The 7 days
Recovery Plan

By Avanindra Singh, IAS



If
everything
around
seems dark,
look again,
you may be
the light.
-Rumi

Disclaimer

- 1. This PPT does not intend to substitute the supervision and advice from a qualified doctor.**
- 2. This is based on personal experience of few persons and proposed protocol is yet to be established on a large evidential empirical data.**
- 3. Principles used in the protocol are based on Naturopathy, Ayurveda and Allopathy.**

Are You Already in?

1. Fever 99 degree F or above
2. Cough
3. Sore throat
4. Loss of smell and/or taste
5. Back pain 6-7 days prior to first day of fever
6. Uneasy feeling in stomach and poor appetite
7. Low BP, Mental Fog(confusion), dizziness, increased heart rate



Bas ek do hi Kaafi hai, RT PCR test karwane ke liye !!!

Please don't go for any other test.

Corona is curable, if diagnosed early.

DON'T DELAY...

Urgent and Smart Moves

1. Get RT PCR test done on the very first day of the fever. **First 3-4 days are very crucial.**
2. Don't wait for test report. Get yourself locked and isolated in a room with attached bathroom.
3. Arrange a **Pulse Oximeter** and digital **thermometer**.
4. Arrange an electric **kettle**, a thermo **flask** and a **Steam Inhaler**.
5. Get all family members, household maid and driver or any assistant in your contact tested,
if your report is positive.



Basic Concepts

1. Corona virus is NOT dangerous but it's complications are really *Jaanlewa*. Hence, Don't let it creat complications.

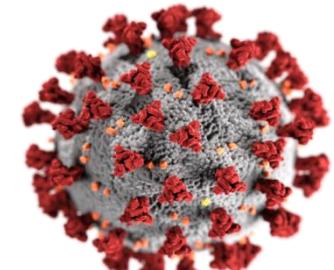
Nip the problem in the bud.

2. Virus and bacteria are multiplied in factories located in your **throat, nasal passages and mouth** (including crevices between teeth).

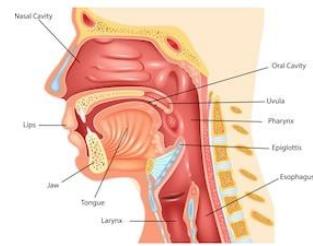
You have to demolish these factories.

3. Inflammation and mucus cause complications like pneumonia.

Take measures to keep it under control.



HUMAN DIGESTIVE SYSTEM



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4. Acidic environment escalates bacterial growth and inflammation.

5. Energy in your body is limited and low during the illness. So let it be available for the Healing Process to the maximum possible extent.

6. Stress pulls down your **immunity** further. Be calm, patient and alert.



Now, let's discuss- How to put these concepts into actions to recover in seven days !!!



3 Phase Recovery Plan

1. First 3-4 Days – Most crucial and important	Keep Calm but be alert !! Take some urgent steps. Eat light and less. Only breath meditation and deep breathing exercise.
2. Next 4 Days- Fever retreating phase	Monitor health parameters closely. Do Pranayam and warm up and back stretching exercises to relieve back pain. Start eating protein rich diet.
3. Next 7 Days- Nutritional recovery phase	Keep parameters monitored. Eat calories and protein rich diet. Start physical exercise slowly and increase gradually.

First 3 -4 days: Phase - 1
The Most Crucial and Important



How to Demolish Virus Factories

1. Gargle with salty and warm water at least 3 times a day, especially before going to sleep.
2. Take steam with Ajwain seeds or lemongrass
3. Drink **3-4 litres** lukewarm water daily.
4. Keep your lungs, nasal passages, throat and mouth clear and clean of any mucus- Don't use paper napkin, use wash basin.
5. Use tongue cleaner frequently.
6. Clean crevices between teeth using toothpick.

Steps to Keep Inflammation and Bacterial Growth at Bay

1. Stop eating **wheat** and any product made from wheat. Eat Rice, pulses and other gluten free food grains.
2. Stop **sugar** and **milk** intake in any form. Milk products cause excess mucus in the body.
3. Eat roasted Flaxseed powder. One table spoon a day.
4. Take paste of raw half tablespoon Turmeric with 3-4 Black pepper and 7-8 Tulsi leaves in the morning on an empty stomach.

Make Healing Energy Available

- As Energy level is already low in your body, don't let it get wasted in the digestive process.
- Let maximum energy be available for the natural healing process.
- And, Listen to your poor appetite. **Eat less for initial three days of fever.**
- Eat Light- Boiled Rice –Dal, Rice- Moong dal Khichdi, Ripened Papaya. No citrus fruits for initial 3 days.
- Keep body and mind relaxed to conserve energy. Speak less. Relax body muscles to save energy.

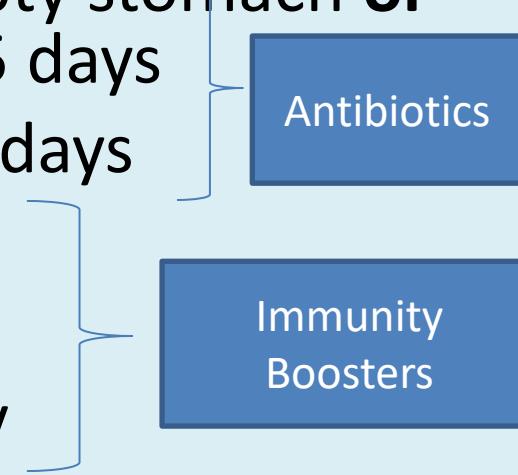
Immunity Booster Moves

1. **Keep mind and body calm and relaxed.**
2. Do breath meditation continuously.
3. Do 20 minutes Shavasan 3 times a day.
4. Take sleep of 10-12 hours.
5. Keep mobile in silent mode and inform near and dear ones not to call you. Be available on Whatsapp only.
6. **Drink Tulsi, Black Pepper, Ginger and Cinnamon tea** three times a day or more. You may add **Giloy** too.
7. Have vegetables soup with **Drumstick** as an essential items. You may also start chicken soup after 3 days.
8. **Pre-biotic food-** raw onion, ginger, garlic, ripened banana, raw tomato to support your good gut bacteria .

Medicine and Health Parameters

Please check with your doctor for following medicines as immunity booster and antibiotics:

1. Azithromycin 500 mg per day empty stomach **or**
Doxycycline 100 mg twice a day- 5 days
2. Ivermectin 12 mg/day for adult-5 days
3. Vitamin D3 60K weekly dose
4. Vitamin-C 500 mg twice a day
5. Zinc Acetate 50 mg tab once a day
6. Paracetamole 500 mg- only if fever cross 100 degree F
7. Your doctor may add more medicines (blood thinner/ steroid), if other parameters require so.



Antibiotics

Immunity Boosters

Monitoring Health Parameters

1. Record SpO2(Oxygen saturation), Body temperature, pulse rate and Blood Pressure at every 3 hours in a diary.
 - Check with your doctor to get following blood tests done: **CRP, CBC, LFT, LDH, D-Dimmer, IL-6, Serum Ferritin, Procalcitonin, Urea Creatinine and Chest HRCT scan** to assess the severity of the illness and need for hospitalisation.
1. If Oxygen saturation starts falling rapidly below 92%, get arrangements in place to get hospitalised within 1-2 hours. **Don't delay.**

Home Isolation Strategies



1. Isolation- Because you love your family.
2. Wash your utensils yourself.
3. Keep clothes in a bucket of hot detergent water and then get them washed in a Washing machine.
4. Communicate with family and friends over mobile only.
5. Put a small table before your shut door to put a jug and a plate.



6. Keep mobile in the silent mode.
7. Maintain body temperature, oxygen saturation, pulse and BP data for every three hours.
8. Keep your doctor updated on your health conditions.
9. Don't use air conditioner. Keep your room well ventilated with fresh air keeping windows wide open.
10. Use mosquito net as Dengue and Corona are yet to know each other !!



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Possibilities after initial 3 days

Scenario	Possible Conclusion
<p>One: Morning body temperature is less than 98.6 F, Oxygen saturation is between 96-99 %, pulse is reduced by 6-7 numbers compared to fever days. Coughing and sleep are improved but problem of frequent defecation and running nose plus sneezing have cropped up. CRP, D-Dimmer, IL6 etc are more or less normal.</p>	<p>Congratulations !!! You have already knocked down the Corona in the first round. You are on the path of complete recovery without much complications ahead.</p> <p>Frequent defecation is due to collateral damage of good gut bacteria and will get resolved with Pre and Probiotic diet.</p>
<p>Two: Temperature < 100 F, Oxygen saturation is between 96 % and 94 %, No improvement in coughing or it got worse. CRP, D-Dimmer, IL6 etc are not in normal range. Diarrhoea conditions are there.</p>	<p>Don't Worry. Consult your doctor. Get Chest HRCT done if not done yet. Repeat Blood tests to get some more medicines added by your doctor. Consult your doctor, if hospitalisation is necessary.</p>

Possibilities after Initial 3 Days

Scenario	Possible Conclusion
<p>Three: Temperature is not of declining tend and still more than 100 F, Oxygen saturation is 94 % or below, No improvement in coughing or it got worse. CRP, D-Dimmer, IL6 etc are not in normal range. Diarrhoea conditions are there.</p> <p>Difficulty in breathing and tightness feeling in the chest.</p>	<p>Don't get panic. In India, 98.4 % have recovered from the Corona !!! So , you shall too..</p> <p>Get your hospital bag ready with medical prescriptions, medicines, mobile charger, toothbrush and paste, few pairs of clothes and undergarments. Don't forget to take music earphones plus yet to be read books !!</p> <p>Call your doctor and ask your hospital to send ambulance.</p>

Next 4 Days:Phase-2 : Retreating Fever

1. If your case falls under Scenario one or two and there is no fever after initial 3-4 days or fever has come down to less than 99.6 degree F, it's a recovery phase. Be patient and optimistic.
2. You may have very frequent sneezing and running nose issue. Don't worry. It will get resolved in 2-3 days. Keep drinking a lot of water, soup and herbal tea.
3. If there is no fever for next 4 days, you are almost recovered !!!
4. Start walking inside your room. Do Pranayaam and Bhramari. Do stretching exercises to keep your back core muscles active and pain-free.

Special Diet After Initial 3 Days

1. To improve immunity and recover muscle loss, have protein rich diet.
2. Eat Sattu- desi protein shake- 4 table spoons twice a day with roasted cumin seeds powder
3. Water soaked and boiled (2 parts chana + 1 part Moong dal with cover+ $\frac{1}{2}$ part Ground nut) mixed with raw onion and tomato.
4. Grind and make paste of sprouted Moong dal and Chana to make dosa stuffed with raw onion and tomato.



5. Make paste of soaked and crushed Black Gram+ Mong dal. Mix with boiled potato to make *Tikki* on Tawa. Eat with tomato garlic chutney.
6. Have 10-12 soaked almonds, fistful raisins with 4-5 figs and/or other dry fruits.
7. Protein supplements available in the market.
8. 2-3 Boiled Eggs or Omelette
9. To restore gut health disturbed by the antibiotics, Eat Pre-biotic foods like- fermented foods, raw Garlic, Onion, Ginger, raw Coconut, Banana, Tomato etc.
10. Vegetables soup for vitamins and fibre



Phase-3: The Nutritional Recovery Phase

1. No fever for last 3-4 days.
2. Consult your doctor for repeat blood tests, review of medicines and Chest CT scan, if required so.
3. You may feel tired or fatigued after 15-20 minutes inside room walking. Check your oxygen saturation after walk. If it remains as of before walk, you have recovered well. Otherwise, doctor may ask you to do breathing exercise using Respirometer to improve lungs health and capacity.



4. To provide more energy, increase your potion per protein rich meal gradually. Eat more frequently.
5. Continue to have Chyawanprash, herbal tea, morning turmeric-black pepper-tulsi leaves paste and vegetable soups.
6. Eat pro-biotic fermented foods and pre-biotic tomato, carrot, banana, Brinjal(Eggplant), onion, garlic and ginger to support your good bacteria in the disturbed gut.



FAQs and Myths

FAQs	Explanation
1. Is Corona really fatal or incurable ?	Not really so. Corona is curable, if diagnosed early. In India, at present, Fatality rate at is only 1.4 %. It means that survival rate is 98.6 %.
2. Who is more vulnerable to Corona infection and it's complications ? Younger or older ?	Compared to age, fitness and exposure matter more . However, fatality rate is higher in patients who are less fit, obese, diabetic, asthmatic and suffering from cancer or auto immune diseases and having low immunity.
3. Is a person recovered from Corona recently protected from further infection in next 3-4 months due to antibodies?	Not necessarily so. There are incidences where persons got infected again within a month with no antibody found in the blood test. So don't be complacent or unguarded. Keep practicing social distancing , wearing mask and washing hands.

4. What is the most common myth with respect to the Corona infection?	Thinking of a person that in case of fever, I can have Dengue, Malaria, Typhoid, 'seasonal viral fever', or cough and cold but I can't not be infected with the Corona , is the most common myth. It leads to delay in Corona testing and consequent complications due to such delay.
5. Which drug is better- Hydroxychloroquine or Ivermectin to prevent Covid19 infection ?	Currently, there is no proof that Hydroxychloroquine or any drug can prevent Covid infection. Misuse of Hydroxychloroquine can cause side effects and even lead to death. It is not recommended without ECG for the people older than 45 years. Ivermectine is for preventing secondary infections and relatively safer. Only your immunity can help you to have less severe symptoms.
6. Can drinking alcohol helps in killing Covid19 virus?	No. Drinking alcohol does not protect you from Covid19 infection. It may be harmful.

7. Is the second week more critical than the first week of the illness?	Not necessarily so, if your health parameters have improved and no fever from 5 th day onward. Yes, if Covid is diagnosed late and treatment is delayed .
8. What are possible complications of Covid19 if not diagnosed and treated timely ? https://www.webmd.com/lung/coronavirus-complications	Acute Respiratory Failure, Pneumonia , Acute Respiratory Distress Syndrome (ARDS), Acute Liver Injury, Acute Cardiac Injury, Secondary Infections, Acute Kidney Injury, Blood clotting, Septic Shock are the possible complications.
9. Can COVID-19 be transmitted through houseflies ? https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters	To date, there is no evidence or information to suggest that the COVID-19 virus transmitted through houseflies. The virus that cause COVID-19 spreads primarily through droplets generated when an infected person coughs, sneezes or speaks. You can also become infected by touching a contaminated surface and then touching your eyes, nose or mouth before washing your hands.

10. Can exposing yourself to the sun or temperatures higher than 25°C protect me from COVID-19 ?	You can catch COVID-19, no matter how sunny or hot the weather is. Countries with hot weather have reported cases of COVID-19.
11. Is it true that after catching COVID-19 I will have it for life in my body ?	Most of the people who catch COVID-19 can recover and eliminate the virus from their bodies. If you catch the disease, make sure you treat your symptoms.
12. I heard that being able to hold my breath for 10 seconds or more without coughing or feeling discomfort means I am free from COVID-19. Is it true?	The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise.

virus be spread through mosquito bites ?	evidence to suggest that the new corona virus could be transmitted by mosquitoes.
14. Can I use Ultra-violet (UV) lamps to disinfect hands or other areas of my skin ?	<p>No. UV radiation can cause skin irritation and damage your eyes.</p> <p>It can be used for disinfecting non-living items like books, purse, linen etc, using certified machines only.</p>
<p>15. Can vaccines against pneumonia protect against the COVID-19 virus ?</p> <p>https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters</p>	<p>No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new corona virus.</p> <p>The virus is so new and different that it needs its own vaccine</p> <p>Although these vaccines are not effective against COVID-19, vaccination against respiratory illnesses is highly recommended to protect your health.</p>

Post-Covid Management

1. Take balanced nutritious diet
2. Have adequate sleep and rest
3. Have physical exercise- increase it gradually
4. Avoid smoking and consumption of alcohol
5. Take regular medications as advised
6. Self-health monitoring at home - temperature, blood pressure, blood sugar (especially, if diabetic), pulse oximetry etc.
7. For persistent dry cough / sore throat, do saline gargles and take steam inhalation.
8. Get ECG, LFT, KFT, CBC, CRP etc as per doctor's advice for monitoring health parameters
9. For detail guideline <https://www.mohfw.gov.in/pdf/PostCOVID13092020.pdf>

Should you fear Corona ?
If Your answer is NO.
I am happy that you now have the right
perspective.
All the best.

